

Fix food allergies...with **kefir!**

According to research out of the National Formosa University in Taiwan, kefir may offer protection against certain food allergies.

The study, published by the Society of Chemical Industry, reports that feeding babies kefir (Probugs, anyone?!) may help to protect against certain allergic reactions. Children under the age of three have a particularly high prevalence of food allergy - about five to eight percent of infants are at risk - and the only mainstream treatment as of right now treatment is avoiding the trigger food. But if kefir could offer protection, it might open up a whole new world of possibilities for youngsters.

Here's how it works: The creamy dairy drink blocks the allergen-specific antibody Immunoglobulin E (IgE), which is involved in immune responses. Researchers discovered that the amount of a specific protein found in egg whites which causes a significant amount of allergic reactions in children was decreased by three times when mice drank kefir. This same protein can also stimulate the release of histamine, the chemical which makes your skin itch and your airways constrict.

While the research was done on mice, plenty of Lifeway customers will tell you drinking kefir keeps their stomach healthy and their food allergies under control.

Ji-Ruei Liu, a lead researcher from National Formosa University, also sees the promise in humans: "In the future, maybe we can screen out the certain components...from kefir and utilize them in medicine," he has said in the press. Kefir has also been reported to prevent food antigens from passing through the walls of the intestines.

So drink up...it might just make those favorite foods go down a little more smoothly.



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NASDAQ - (LWAY)

www.lifeway.net

847.967.1010
info@lifeway.net